



JANUARY/FEBRUARY 2023

SAVE OUR LAMPS!

We have recently become aware of a **City plan to remove and destroy the historic streetlights in Kensington**, under the guise of doing desperately needed circuit upgrades. The first part of this project, set to begin immediately, affects Circuit #2 – with 56 streetlights slated for removal and destruction. The City’s plan is to replace all our historic lights with new “decorative” streetlights located in “nearby” locations.

These Empire-style metal lamps & poles date back to the 1920’s/1930’s –nearly 100 years. The City’s own *Historical Greater Mid-City Survey-San Diego Preservation Strategy* in 1996 recognized these lights as an integral historic characteristic of this community. Some have been modified or replaced over the years, but most of them are the iconic lamps which contribute so much to the historic fabric of Kensington. **It is important to understand there is no reason to believe the City will stop after destroying these first 56—their plan is to remove/destroy ALL historic streetlights in Kensington as circuit upgrades are performed.**

What purpose does a *Maintenance*

Assessment District (MAD) serve when Kensington’s residents—who agreed to an additional tax to fund that MAD, nearly a decade ago, are blindsided by the City? This amounts to appropriation of our MAD funds for a project in which we had zero input. This constitutes an egregious betrayal of trust. And where are our elected representatives in this matter? Silent.

The reason we have been given for the City’s unilateral decision to destroy the historic lights is the presence of lead-based paint on some older streetlights (lead paint which was applied by the City in the first place). (Note: ALL streetlights are slated for removal and destruction, whether they have lead paint or not.) We have obtained an estimated cost to re-furbish each streetlight, in place—no removal required—and including mitigation of lead-based paint for \$5000. The City’s estimated cost to destroy/replace with new lights is \$12,500 each. Their plan calls for removing and destroying the existing historic lights in their original locations and installing new “decorative” lights somewhere “nearby”. The Kensington MAD’s will be responsible for paying



an “as yet undetermined” portion of the associated costs—costs which the City has yet to provide. This is a violation of our MAD agreement with the City.

To be clear, no one opposes the circuit upgrades. Much of Kensington has been without streetlights for a year or more. But the circuit upgrades should not be used as an excuse to remove and destroy these historic elements when there are better alternatives which are endorsed and supported by the community—the people whose taxes support the MAD’s. ■

WRITE LETTERS. SEND EMAILS AND CALL THE PEOPLE LISTED BELOW. GET OUR ELECTED OFFICIALS INVOLVED:

The mayor’s climate action plan calls for re-use and rehabilitation of existing assets. Removal/destruction of our streetlights directly conflicts with that plan. District 9 council member & current City Council President, Sean Elo-Rivera, needs to understand he has a choice: He can step up and represent his constituents or be called out for his lack of response to our concerns.

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Mayor’s Community Representative - Lucero Maganda LMaganda@sandiego.gov

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Elo Rivera’s Chief of Staff - Lydia Van Note LVannote@sandiego.gov

Elo Rivera’s community Representative - Naveed Haris HarisN@sandiego.gov

KNOW YOUR COMMUNITY!

In Kensington we are fortunate to have a few organizations doing work on behalf of the neighborhood!

Here are a couple of the ones directly impacting what happens in Kensington that you should be aware of. Their websites are listed below which will provide information on who they are, what they do, when they meet and more! Check them out, get involved and most importantly be informed!

KENSINGTON TALMADGE COMMUNITY ASSOCIATION
www.kental.org



The Kensington Talmadge Community Association was founded in 1941 as a “service and fellowship association for the welfare and happiness of the Kensington and Talmadge communities.”

KENSINGTON TALMADGE PLANNING GROUP
www.ktpg.org

The Kensington Talmadge Planning Group is officially recognized by the City of San Diego to represent community interests when implementing the Mid-City Communities Plan for Kensington and Talmadge. The planning group consists of 15 members elected by the community (residents, business operators, and property owners) for 2-year terms, 8 elected in the odd years, 7 elected in the even years.



There are certainly more organizations in the community doing very good things for us as a neighborhood. More will be featured in future issues of *MetroView*!

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And More!

WINNIE'S PICKS!

by Winnie Hanford
of Kensington Video



SALTON SEA (2002)

Directed by D. J. Caruso

Val Kilmer and Vincent D'Onofrio star in this twisted crime thriller involving a meth addict who watched his wife get murdered, deals drugs, and works as an informant to a pair of cops. Adding to the stress, Kilmer's character, Danny Parker, wants to seek revenge for the murder of his wife. This is a sleeper film that was overlooked by a large audience. It's worth your watch.



ELLE (2016)

Directed by Paul Verhoeven

Michèle Leblanc is the intelligent and attractive head of a company that produces video games. Her personal life lacks morality, and she is at odds with her family for many reasons. A sexual crime is committed against Michèle, but she is hesitant to report it because of her lack of trust in the police. A series of calamities continue to plague her while her known attacker is still on the loose. Will justice be served?



Isabelle Huppert stars in this Golden Globe winning film from France.

TIM'S VERMEER (2013)

Directed by Teller

Written by Penn Jillette

Throughout the centuries, artists and lovers of art have explored the techniques of the masters and their works. Jim Jenison is determined to uncover the technique used by Johannes Vermeer to create a masterwork that resembles a photograph. His endeavors lead him to believe that Vermeer used mechanical help to create his works of art. Jenison tries to recreate Vermeer works by using a camera and other mechanical devices. This documentary was received with credit and great skepticism from the art community. You can be the judge.



X (2022)

Directed by Ti West

Prepare yourself for a slasher film that begins with the police arriving at a remote farmhouse and finding several bodies on the property. As they enter the house, the creepy factor heightens. What they discover in the basement is not revealed until the end of the film, but the looks of the officers convey a grisly picture. The film goes into flashback mode to set the scene leading to the murders. It's a tense journey that draws you in as you anticipate the outcome. Will anyone survive and what led to the multiple homicides? Later this same year, the filmmakers released the prequel, *Pearl: An Xtraordinary Origin Story*.



THE ENCHANTED COTTAGE (1945)

Directed by John Cromwell

This WWII drama stars Dorothy McGuire as the unattractive and insecure caretaker of a cottage who meets a soldier who has been disfigured from the war. They meet and form a friendship that ignores the physical defects of the couple. Love intercedes and the rest of the story is a must-see for the viewer. It's a great movie to experience for St. Valentine's Day or to just get away from the superficial judgments that people make before seeing the beauty beneath the surface. It's a Winnie's Pick!



If you need to purchase a film or make a copy of an event or wedding, please call my son, Guy, at 619-269-6998 or email him at kensingtonvideo.com.

LAP OF LOVE

Giving Comfort and Peace to Your Pet

This past November we had the difficult task of putting our nearly 17 and a half year old cat Olivia to sleep. As extremely heart wrenching as it was, we were very fortunate to be referred to a company called **Lap of Love** for in home euthanasia. We have been through this at veterinary offices before and did not want to do that again. Dr. Brian at **Lap of Love** was the kindest, most caring and thoughtful veterinarian who came to our home (same day that I called them) and handled the process with dignity and understanding. I am writing this because for many of us the decision to do this often comes on quickly and in the moment it is hard to know where to turn. I cannot say enough good



things about our experience with **Lap of Love**. I hope that you will consider it a good resource should you ever be faced with a pet's final moments.

Lap of Love provides families and their pets with veterinary

end-of-life care in San Diego and the surrounding areas. Their services include in-home euthanasia and veterinary hospice, which addresses care and pain management from the comfort of your home with their experienced, compassionate veterinarians.

Through their tele-advice service, you can speak directly with a hospice veterinarian about your dog or cat's quality of life. Some of their doctors are experienced with certain exotic species as well. They are available to answer your questions every day, from 4am - 8pm. Appointments are scheduled throughout the week. Please check with them for availability.



LAP OF LOVE CAN BE REACHED AT:
(619) 642-2050 and
SanDiego@LapofLove.com

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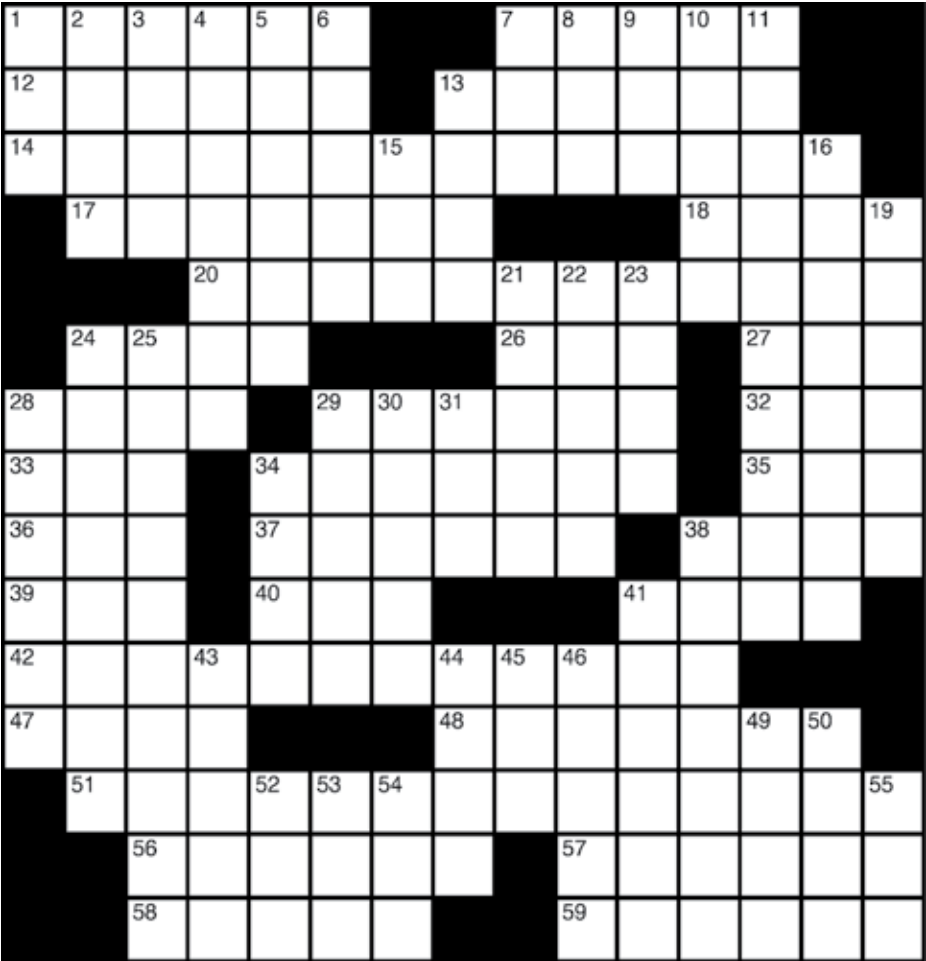
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CROSSWORD PUZZLE



ACROSS

- 1 #1 Toto song that mentions the Serengeti
7 Whittling, for one
12 Wavy patterns in some op art
13 Cool one's feet at streamside, say
14 Attempted coup participants
17 Stretching muscles
18 Iowa State city
20 Many an 18th-century painter
24 Low-quality
26 CFO's degree
27 Intelligence org.
28 Form close ties (with)
29 "Let's have at it!"
32 Point
33 Circle segment
34 Palm fruit ... or what the creator of this puzzle's theme apparently is?
35 ___ dog
36 Classic Pontiac
37 Not moving
38 Desires
39 Bellows of "The Agency"
40 Dessert order

- 41 Flower holders
42 Environmentally concerned
47 Old Venetian judge
48 Catching a glimpse of
51 Source of an organic fiber
56 Most cunning
57 When Rome wasn't built?
58 Weighty reading
59 Guiding principles
23 Overblown critique
24 Elaborate entryways
25 Physician wearing a pink ribbon, perhaps
28 Like potato chips, often
29 Showed up
30 Farm measures
31 Curly slapper
34 Crime boss
38 "That's well within my abilities"

DOWN

- 1 Film lover's TV option
2 Pay, as a bill
3 It may be fried or puffed
4 Piece of rebar, essentially
5 Suppress, in a way
6 Part of NAACP: Abbr.
7 Jaguar, e.g.
8 Genetic molecule
9 Actor's rep.
10 Parade staple
11 Closed
13 Data storage medium
15 Country club employee
16 Stretches on a couch?
19 Some can be used forever—but only once
21 Signs
22 In the neighborhood of
41 How to receive a freebie, perhaps
43 Yo-Yo strings?
44 Official doc.
45 Belief system
46 In the previously mentioned work, briefly
49 Connection point
50 Initialism for Tom Brady, according to most
52 2000s teen heroine — Possible
53 Tiny
54 CIA predecessor
55 Finger Lakes locale: Abbr.

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PUZZLE answers



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REAL ESTATE SCAMS ARE ON THE RISE. HERE'S WHAT YOU NEED TO KNOW:

by Chantal Allam

Landlord Sonja Kluesener first suspected something fishy when three potential renters contacted her about the Zebulon home she'd just listed on Zillow, and there was a significant price difference.

In her ad, she'd listed the three-bedroom ranch-style cottage at \$1,700 per month. But they reported finding a similar ad on another listings site — for \$200 less.

Then it clicked. "People were impersonating me," she told The News & Observer.

Scammers had lifted her ad from the popular real estate site and, within days, created a fake listing using Kluesener's name, photos, and even open-house times. They also added a few sweeteners, like the below-market price and allowance for "cats and large dogs," and then posted it to other sites like Redfin and ForRent.com.

The contact number and email listed, however, wasn't hers.

"Each of these people believed they'd been emailing with me and were about to wire \$4,500 for rent and security to whoever put up the false listing. (They) even sent people to my open



house to make it seem legit," Kluesener said.

The scam unraveled when people became suspicious and contacted her through Zillow. But she worries others won't be as lucky. "Other than informing the public, I have no idea how to stop it," she said.

A Zillow spokesperson said its teams actively monitor the site for possible fraud or scams, preventing them from getting posted.

"If a listing is found to be fraudulent, it is removed from our site as quickly as possible," the company

emailed in a statement.

Zillow also offers warnings on its website on how to avoid rental and home for-sale scams, and other internet fraud.

ON THE RISE

Real estate scams are nothing new. But as rents, home prices, and inflation remain high in today's volatile housing market, some industry experts warn scams could be on the rise.

Nationwide, in 2021, 11,578 people reported losing roughly \$350 million due to these types of scams—a

64% jump from the previous year, according to the FBI's Internet Crime Complaint Center.

The office of North Carolina Attorney General Josh Stein said it is aware of such scams, but it doesn't track numbers and hasn't received any reports of incidents. "Because this is a criminal violation, we'd encourage people to report this directly to local law enforcement," said Nazneen Ahmed, the attorney general's press secretary.

Lynn Foster is a real estate agent working out of Apex.

She said she's seen these kinds of scams for years now, and they target homes for sale, not just rentals.

"I'd say these scams are more common than we'd like to believe," she said. "As [scammers] become savvier with internet hacking, and buyers and renters become more desperate due to housing shortages, we see this type of activity increasing."

Dustin Engelken, government affairs director at Triangle Apartment Association, urged "healthy skepticism" when entering the apartment search.

"If you see something that looks significantly below market rent and seems too good to be true, it probably is," he said.

Other red flags include a request to wire funds, or to do business via text messages.

"A lot of times, it's 'Send me a deposit via Venmo or a cash app,' then you never hear from them again," Engelken said. "You certainly don't want to make payments to somebody that you haven't met, or which isn't going directly to the legitimate company. You want to do some extra research." ■

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THE SCAM REPORT

Edward Jones

WORRIED ABOUT INFLATION? CONSIDER THESE MOVES

by David Tam,
Edward Jones in Kensington

As you know, inflation was big news throughout 2022. But will it continue in 2023? And looking even further ahead, how should you account for inflation in your long-term plans?

In regard to the first question, many experts predict that inflation will cool off this year, though there are no guarantees. The high inflation of last year is thought to have been caused by some unusual factors, such as a spike in the demand for consumer goods as the world came out of the COVID-19 pandemic, which led to supply chain issues. Also, the war in Ukraine drove up oil prices, increasing the cost of manufacturing and shipping and driving up the price of wheat and other commodities.

In any case, last year reminded us that inflation needs to be reckoned with as you work toward your financial goals. But how you respond to inflation will depend somewhat on your stage of life. So, here are some suggestions to consider:

IF YOU'RE STILL WORKING...

• **Contribute more to your retirement plans.** If you can afford to put more money away in your IRA and 401(k), you may want to do so. The more resources you'll



eventually have available in retirement, the better protected you are against the rising cost of living.

• **Adjust your portfolio objectives with your financial professional.** Using tools such as "hypothetical" illustrations, a financial professional can show you some different paths you might take with your investments, given different rates of inflation. So, for example, if you feel that inflation may be higher for a longer period than you once thought, you could request a hypothetical

showing how you might need to adjust your investment mix to achieve your long-term goals, given your risk tolerance and time horizon.

IF YOU'RE ALREADY RETIRED...

• **Consider part-time work or consulting.** Once you retire from your career, it doesn't mean you can never do any paid work again. If you've accumulated years of experience and expertise, you could use your skills as a consultant. Also, many part-time jobs are

available for retirees. With the added income from employment, you may be able to delay taking withdrawals from your retirement accounts and other investments, possibly extending their longevity. (Once you turn 72, though, you will need to begin taking money from your 401(k) and traditional IRA.)

• **Delay taking Social Security.** You can begin taking Social Security when you're 62, but your monthly checks will be substantially bigger if you wait until your full retirement age, which will likely be between 66 and 67. (You could even wait until 70, at which point your monthly benefits will max out.) Of course, the ability to delay taking Social Security depends on whether you can afford it, but it may be possible if you work longer than you once planned or if you work part time in retirement. But even if you do need to take Social Security before your full retirement age, your payments will be adjusted annually for inflation — in fact, for 2023, benefit checks will rise 8.7% over 2022.

We'll always have to deal with some level of inflation — so it's a good idea to be prepared. ■

This article was written by
Edward Jones for use by your local Edward
Jones Financial Advisor.



MARCH 2023

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--------|--------|---------|-----------|----------|--------|----------|
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| 26 | 27 | 28 | 29 | 30 | 31 | |
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FEBRUARY 2023

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| | | VALENTINE'S DAY | | | | |
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| | PRESIDENT'S DAY | | | | | |
| 26 | 27 | 28 | | | | |



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DOLLY PARTON HAS ARRIVED:

COUNTRY LEGEND JOINS TIKTOK WITH CLIP OF NEW SONG 'BERRY PIE'

by Nardine Saad

Pouring herself her latest steamy cup of ambition, Dolly Parton declared recently that it was “Better late than never!” as she joined TikTok.

Whether sensing the swift unraveling of Twitter or finally jumping on the pandemic-fueled trend, the country music legend made her debut on the video-sharing platform over the weekend and by Monday morning has already amassed a following of over 526,000 users and 1.4 million likes by posting a handful of clips introducing herself (as if she ever had to), retrospective montages and a shoutout to the #DollyTok sub-community on the app.

Yes, the beloved “9 to 5” star and singer-songwriter can do it all (and has a cheeky TikTok clip to prove it too), catching up on the viral trends involving her life’s work and encouraging content creators to tag her in their videos.

“With over 5 billion video views on the hashtag #Dolly, the massive community of Dolly fans on TikTok have been eagerly awaiting her arrival on the platform, and TikTok is thrilled to welcome her,” the company said Monday in a statement. “The southern girl who made the world into her stage, Dolly arrives on TikTok to share her one-of-a-kind sparkle and ‘Dollyisms,’ straight from the heart.”

Users indeed welcomed the “I Will Always Love You” and “Here You Come Again” musician with open arms, commenting that “the queen has entered the chat” and even begging for collaborations and remixes with famous #DollyTok personalities.

The 76-year-old fittingly arrived bearing gifts, too, TikTok said, with a



new music clip that it’s positioning for users to make viral.

“To celebrate her arrival on TikTok, Dolly has teamed up with SoundOn, TikTok’s music marketing and distribution platform, to officially release ‘Berry Pie’—available exclusively on TikTok for the first time for users to include in their creations,” TikTok’s statement said. “A sugary, down-home ditty that draws from traditional bluegrass styles, ‘Berry Pie’ is the ideal soundtrack for holiday baking adventures—successes or blunders! Whether you’re a professional patissier or attempting your first tart, ‘Berry Pie’ is the sound For You.”

“I like to cook and I love to bake/ Bread and cookies and pies and cakes/ I’m convinced my mama was right/ So I’m gonna bake him a berry pie,” she

sings — and yodels — in the sweet clip. (As of press time Monday, three videos with the official sound had been posted, two of which were from the singer.)

The music icon, who is active on Twitter, Instagram and Facebook, had already been embraced by the TikTok community well before her Sunday arrival, with thousands of users utilizing her hefty catalog for their creations. Hashtags #Dolly, #DollyParton and #DollyTok have 6.4 billion video views combined and counting, TikTok said. Parton’s 1980 hit “9 to 5” has more than 15,000 video creations, the 1973 hit “Jolene” has 28,000, and her 1983 duet with Kenny Rogers, “Islands in the Stream,” has more than 20,000 video creations.

Parton’s foray onto the platform follows her induction into the Rock

and Roll Hall of Fame early last month, as well as the release of her greatest hits album, “Diamonds & Rhinestones: The Greatest Hits Collection.” The 10-time Grammy Award-winning musician and beloved philanthropist is also the most recent recipient of the Bezos Family Foundation’s Courage and Civility Award, which comes with a whopping \$100 million grant that Parton can steer toward the charitable organizations of her choice.

Recently, NBC aired her latest holiday special, “Dolly Parton’s Mountain Magic Christmas,” which has been streaming on Peacock. ■

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— AMERICA'S — TEST KITCHEN



CREAMLESS CREAMY TOMATO SOUP

INGREDIENTS — SERVES 1-2 (MAKES 2 CUPS)

- 2 tablespoons extra- virgin olive oil
- 2 tablespoons chopped shallot
- 1 garlic clove, peeled and minced
- 1 (14.5- ounce) can diced tomatoes, opened
- 1/2 cup chicken or vegetable broth
- 1 slice hearty white sandwich bread, torn into 1-inch pieces
- 1 teaspoon packed brown sugar

DIRECTIONS

1. In a large saucepan, heat oil over medium- low heat for 1 minute (oil should be hot but not smoking). Add shallot and garlic and cook, stirring occasionally, until softened and lightly browned, about 3 minutes.
2. Pour tomatoes and their juice into the saucepan. Stir in broth, bread and sugar. Increase heat to medium- high and bring to a boil. Reduce heat to medium and cook, stirring occasionally, until bread starts to fall apart, about 5 minutes.
3. Remove pan from heat. Let tomato mixture cool for 5 minutes.
4. Transfer tomato mixture into a blender jar. Place lid on top of blender and hold lid firmly in place with a folded dish towel. Process until smooth, 1 to 2 minutes. Pour soup into bowls or mugs and serve.

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healthy food

While eggs are always tasty on their own, there are many ways to enhance their already delicious flavor by using simple ingredients, without taking away from the egg’s nutrition. To help you upgrade your family’s egg game, Registered Dietitian and Nutritionist Dalina Soto has provided the following tips.

1. START WITH QUALITY INGREDIENTS

Whether you choose to boil, fry, poach or bake them, in order to make great egg dishes, you’ll need quality ingredients. Soto’s number one choice for eggs are Eggland’s Best eggs because they contain six times more Vitamin D, more than double the Omega-3s and 25% less saturated fat compared to ordinary eggs.

2. SPICE IT UP

Don’t limit your spices to just salt and pepper. Take your egg dishes to the next level by adding and combining flavorful spices and herbs. If you’re new to experimenting with spices, start out simple by adding dried basil or chives to your omelets or egg scrambles. For some added color and taste, sprinkle paprika or turmeric on top of a freshly poached or fried egg. Don’t be afraid to get creative!

3. ADD SOME VIBRANT COLOR

In addition to spices, adding a range of fresh veggies, including tomatoes, peppers and spinach, can brighten



NUTRITIONIST-RECOMMENDED TIPS TO UPGRADE YOUR EGG GAME

your eggs and create flavorful combinations. You can add uncooked vegetables into your eggs for texture, or you can cook them beforehand for an extra layer of flavor. There’s really no wrong way to mix delicious eggs with any vegetable of your choice, and it’s a simple trick to ensure your egg dishes are anything but boring.

4. TRY NEW RECIPES

When it comes to eating eggs, it can be easy to get stuck in a mundane routine. For your next family dinner, find a new recipe that uses eggs in a fun and unexpected way.

Eggland’s Best, a nationwide supporter of the American

Heart Association’s Healthy for Good™ Eat Smart initiative, encourages families to spend more time together to connect and destress, especially around the table, by gathering to eat delicious and nutritious meals. This family-friendly recipe for Egg Ravioli with Sage and Almonds is easy to make and will keep your family coming back for more!.

EGG RAVIOLI WITH SAGE AND ALMONDS

Prep time: 25 minutes; Cook time: 18 minutes; Serves 4

INGREDIENTS

- 4 large egg yolks, unbroken
- 1/2 cup fat-free ricotta cheese

- 1 large egg white, lightly beaten or 3 tablespoons of Egg Whites
- 1 tablespoon grated Parmesan cheese
- 1 1/2 teaspoons chopped fresh thyme
- 1/2 teaspoon grated orange zest
- 1/4 teaspoon pepper
- 8 gyoza wrappers, shumai wrappers or wonton wrappers
- 2 teaspoons olive oil
- 1/4 cup sliced almonds, chopped
- 1 tablespoon chopped fresh sage
- 1 tablespoon finely chopped red bell pepper, optional

DIRECTIONS

1. Fill a large pot with 8 cups of water. Bring water to a gentle boil over medium-high heat.
 2. Meanwhile, in medium bowl, stir together ricotta cheese, Parmesan cheese, thyme orange zest and pepper.
 3. Place 4 wrappers flour side down on a cutting board. Spoon 1 1/2 tablespoons of cheese mixture onto center of each wrapper. Using back of spoon, press down on cheese mixture to create a well about 1 1/2 inches across (the width of a large egg yolk), leaving at least 1/2 inch of space around edges of wrapper. Without breaking it, carefully place an egg yolk in center of each well.
 4. Using a pastry brush, brush edges of wrappers with egg white. Place top wrapper with flour side out on each bottom wrapper. Using thumbs and forefingers, firmly press edges together to tightly seal each ravioli. Set aside.
 5. Using a slotted spoon or spatula, carefully drop each ravioli into boiling water. Cook for 2 1/2 to 3 minutes, or until wrappers are al dente (not too soft, but not overdone). Using the slotted spoon, gently remove raviolis from pot, draining them well. Transfer to plates. Drizzle with oil. Sprinkle with almonds, sage and bell pepper.
- To view this and other recipes you can cook for your next family dinner, visit EgglandsBest.com. ■

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FIT & HEALTHY

seasonal sickness

FIGHT OFF THE FLU WITH IMMUNE-BOOSTING NUTRIENTS

by Kristi Wempen

It’s flu season again, so most people get a flu shot and strive to stay healthy. But can certain foods or supplements boost the immune system and help with that “staying healthy” goal?

KEEP THE IMMUNE SYSTEM STRONG

While having a healthy immune system is a plus during the season of colds and flu, consider these tips for keeping your immune system strong throughout the year:

FOCUS ON A BALANCED EATING PLAN

Don’t skip meals, so your body stays well-fueled. Aim for five to nine servings of vegetables and fruits daily to provide those immune-boosting vitamins, minerals and antioxidants. A serving of fruit is one medium piece of fresh fruit, 1 cup of berries or melon, or 1/2 cup of canned fruit packed in its own juice. A serving of vegetables is 1/2 cup cooked or 1 cup raw. Getting these nutrients from foods versus vitamin or mineral supplements is always best. Many herbal remedies are marketed to

help fight colds or shorten their duration, but check with a health care professional before taking any supplements or medications. And don’t forget fluids. Remember to drink adequate fluids throughout the day. Plain water is best.

CRACK DOWN ON SPREADING GERMS

Good hygiene and hand-washing help prevent the spread of germs. Remember to wash produce before eating or using it in recipes. Clean glasses, forks, spoons and other utensils to reduce the spread and growth of bacteria.

INCREASE SLEEP, REDUCE STRESS

Getting adequate sleep and managing stress can be just as important as healthy eating to prevent the flu.

Research demonstrates that lack of sleep and increased stress contribute to illness and overall poor health, so:

- Adults should get seven to nine hours of sleep each day, while children need eight to 14 hours, depending on age.

- Healthy ways to cope with stress include meditating, listening to music or journaling.
- Physical activity is another strategy to manage stress and may reduce the risk of some chronic diseases that can weaken your immune system.

Even if you eat healthily, get plenty of rest, drink adequate fluids and manage your stress, you may still catch the flu. If so, your illness may not last as long, and you may not feel so bad.

HERE ARE SOME MYTHS AND FACTS ABOUT IMMUNE-BOOSTING NUTRIENTS:

Fact: Chicken soup can help you feel better. According to the National Institutes of Health, there are many healing benefits of chicken soup. Your favorite recipe likely has properties that fight inflammation, promote hydration and get mucus flowing. Drink plenty of liquids, such as water, broth or sports drinks with electrolytes.

Myth: Vitamin C can prevent illness. When taken before cold symptoms start, vitamin C may



shorten the duration, but it doesn’t keep you from getting sick.

Myth: Dairy increases mucus production. You may have heard that milk and other dairy products worsen congestion during an illness. Research has not proven this to be true.

CHOOSE IMMUNE-BOOSTING NUTRIENTS

These nutrients play a role in immune health:

Beta carotene: Beta carotene is found in plant foods, such as sweet potatoes, spinach, carrots, mangoes, broccoli and tomatoes.

Vitamin C: Vitamin C-rich foods include citrus fruits, berries, melons, tomatoes, bell peppers and broccoli.

Vitamin D: Vitamin D is found in fatty fish and eggs. Milk and

100% juices fortified with vitamin D also are good sources.

Zinc: Zinc tends to be better absorbed from foods such as beef and seafood, but it’s also found in plant-based sources, including wheat germ, beans, nuts and tofu.

Probiotics: Probiotics are good bacteria that promote health. You’ll find them in cultured dairy products, such as yogurt, and in fermented foods, such as kefir and kimchi.

Protein: Protein comes from animal and plant sources, including milk, yogurt, eggs, beef, chicken, seafood, nuts, seeds, beans and lentils. ■

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COULD THESE ANTIVIRAL PILLS TREAT LONG COVID?

by Lisa M. Krieger

Could Paxlovid solve one of the pandemic’s biggest puzzles? A new study at Stanford University aims to find out.

In the nation’s first medical trial of an antiviral strategy to treat long COVID, scientists are testing the drug to see if it helps ease the misery of fatigue, brain fog, shortness of breath, body aches, digestive symptoms and heart problems.

“It is important to gain further understanding whether this could be effective therapy,” said principal investigator Dr. Linda Geng, clinical assistant professor at Stanford Medicine and co-director of Stanford’s Post-Acute COVID-19 Syndrome Clinic.

Currently, Paxlovid is only given immediately after infection, before the virus gains a firm foothold in the body. It is proven to reduce the risk of long COVID, hospitalization and death.

It has not yet been tested in those with chronic illness, months or years after infection. The Stanford study is recruiting 200 participants to learn whether people treated with a 15-day regimen of Paxlovid feel better than those treated with a placebo. Both groups will be monitored over 4.5 months to see if symptoms improve.

To date, no established treatments exist for long COVID, which affects millions of Americans.

But some long-haulers have noted that their sicknesses subsided after taking the drug for possible reinfection – inspiring the Stanford team to take

a closer look at the treatment, which attacks the virus by inhibiting a key enzyme that it needs to make new particles.

Last spring, Geng and a team of Stanford researchers reported that a 47-year-old woman’s long-COVID symptoms, such as fatigue, cognitive problems and a racing heartbeat – vanished after she took Paxlovid. The patient was able to return to work and rigorous exercise.

Scientists still don’t know exactly what causes long COVID. The search for therapies has been stymied by the disability’s complexity. Symptoms may come and go, and they vary widely.

“When we go to physicians, they never know what to do with us. They always just send us to another specialist, and go through more and more tests that never show that anything is going on,” said 25-year-old Ibrahim Rashid, who was infected two years ago and is finally regaining enough strength to run and do martial arts. “You spend so much money and emotional energy getting shuffled through the medical system.”

One theory is that the disability is triggered by an overactive immune response to the virus, even after the virus is gone. Another is that the virus stubbornly persists in the body.

The Stanford study is testing the theory that, at least in some cases, long COVID is caused by lingering virus – and an antiviral medication could help eliminate it.

Scientists have detected bits of viral genetic material in the blood and feces



of “long haulers,” suggesting that virus remains hidden in various tissues of the body, said Geng.

“Maybe the COVID virus has somehow evaded our immune system, and that’s how it has remained somewhere in our body,” said Geng. “But we don’t know that. ... We don’t fully understand where these viral particles are coming from.”

Antiviral drugs are successful against other infections, such as flu, Ebola, HIV, hepatitis and herpes, she noted.

News of the study was welcomed by patients and advocacy groups.

“We have been clamoring for Paxlovid to be trialed, and it’s about time,” said Diana Berrent Güthe, the founder of a long COVID support group called Survivor Corps. “Starting in winter 2021, we noticed many long COVID patients experiencing a degree of symptom relief after vaccination, indicating there was viral persistence.”

Millions of Americans are struggling with persistent, disabling symptoms long after their initial infection, and the toll will continue to climb with each additional wave.

Without a treatment, patients try anything that might work, said Rashid, whose months of illness inspired him to build an app, called Strong Haulers, that helps people with chronic illnesses track their symptoms and other health data.

“They resort to doing alternative therapies, changing their diets, yoga and meditation. ... But some are still stuck in bed. Lifestyle changes can take you only so far. There’s no pharmacological way to dull those symptoms,” he said.

The Stanford trial represents just the beginning of what should be a broader search for long COVID therapies, said Güthe.

“We can’t conduct this inquiry one therapeutic at a time. We need many trials, studying many vehicles of treatment, run simultaneously,” she said. “We can walk and chew gum at the same time while still staying true to the science.”

Learn more about the study: <https://clinicaltrials.gov/ct2/show/NCT05576662>Contact the study team: TreatCOVID@stanford.edu ■

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FIRE-EY QUESTIONS FROM YOUR NEIGHBORS CAN I UN-PLANT A PALM?

by Judy Harrington

Kensington Fire Safe often researches answers to our neighbors’ inquiries, and will share what we learn in this column. Please send fire-related questions to info@kensingtonfiresafe.org. We’ll do our best to find some answers. More info about KFS at kensingtonfiresafe.org.

Q: What can we do about the Mexican fan palms that are everywhere?

A: Ah, yes, every Kensington night is a night of these highly living-but-better-dead invaders (but removed, dead or alive). Several fire officials blame Mexican Fan Palms (MFPs) for the rapid spread of several wildfires, and they certainly blazing torches in the 2019 Fairmount canyon fire. We’re lucky flying flaming fronds and embers weren’t matchsticks to nearby structures.

San Diego Canyonlands to the rescue for some. Thanks to a partnership with San Diego River Conservancy and two+ years of planning, by now the non-profit has likely helicoptered over 300 MFPs from Ruffin Canyon (north of the Costco on Friers Rd.). While fast and efficient, projects like this can run over half a million dollars – a wee bit beyond Kensington Fire Safe’s budget (like 500 times our budget). But what about us?? We’ve been in touch with Canyonlands, but unfortunately our canyons are likely too close to homes and major roads to pull this off safely. Also, there’s a very active “Friends of Ruffin Canyon” advocating for improvements – we may love our canyons but as far as we know, residents don’t support them with an actual volunteer organization.

So, since we can’t fly them out or un-plant our Kensington monsters, we can try to mitigate their spread at least on our properties:

1. Sweep, rake or otherwise banish those X!@#\$!! seeds from your yard and garden as soon as possible. Best not to let them wash away in our waterways either, or let the coyotes eat them to later fertilize someone else’s property.
 2. “Skin” or clean the fibrous tissue or leaf bases of the trees at least annually.
 3. If you can afford it, hire contractors to have them removed. But be forewarned – SUPER MESSY job and even dangerous. Trimmers have been trapped under hundred pounds of fronds that can suffocate them.
 4. If they’re in a neighbor’s yard but in close proximity to your home, you can report it: SD Fire Hazard Advisor, 619-533-4444. Complaints are private and not discussed with either party.
- ANYONE HAVE OTHER THOUGHTS? IF SO, LET US KNOW, [INFO@KENSINGTONFIRESAFE](mailto:info@kensingtonfiresafe.org).**
- BTW: The 15 dumpsters available during KFS’s October Dumpathon reduced Kensington’s fire fuel by some 12-14 tons! (We don’t get an exact figure for all of them, but we do know the five larger EDCO ones averaged over a ton each.) Enormous thank you to residents who volunteered to host a dumpster as well as our funders: the San Diego Regional Fire Foundation and the Fire Safe Council of San Diego County.*
- Also, we are looking for volunteers to help us with our fire safety efforts. Please contact us if interested – we’re very informal, friendly, sometimes fun, and always searching for ideas!*
- <https://fire.escondido.org/Data/Sites/3/media/pdfs/PalmTreesAsFireHazards.pdf>
- <https://homesteadtreeservice.com/fanpalm.html#:~:text=While%20a%20striking%20tree,grow%20to%20above%2035%20feet.>
- www.serramesa.org/friends-of-ruffin-canyon/

CALMING YOUR NERVES

by Katy Rose

Do you ever feel tense, spun up, or like you just need a way to calm down? In the recent past, much of society thought these were normal feeling related to a busy life and striving to get a lot done. However, as time has passed and life has gotten busier and crazier, we are now seeing significant health consequences from a prolonged stressed condition. The continued heightened state of boosted cortisol not only triggers anxiety, but also stimulates hormonal and cellular complications; not to mention the well-known and much loathed belly fat!

Here are a few easy tips to regulate your nervous system and start to calm down:

- Let the first foods of your day be healthy fat, clean protein, and fibrous veggies to activate the healthy gut bacteria and feed good brain chemistry
- Delay sugar, carbs, and even fruit until the afternoon or evening. This gives your body chemistry more time to rest and regenerate from the insulin stimulus that feeds bad gut bugs that stimulates anxiety.
- Lower your caffeine intake. We know that caffeine can add to the stress response. Try to lower your consumption slowly; taking in a little less each day, until you have it under control. Do it in small measures by reducing intake by about a quarter cup each day. A big jump might cause the stress of withdrawals.
- Add movement to your day. Bouncing on a mini trampoline, such as a

rebounder, is an amazing way to LITTERALLY shake of the stress, in just two short minutes. It activates the lymph system and quickly flushes away toxins. Running, yoga, stretching, and walking are all wonderful ways to incorporate this benefit, too!

- Quality sleep and even power naps are beneficial. Let your body drop down and let go. Give yourself that time reset. Email me if you would like the Sept/Oct article on healthy sleep habits.
- Even if only for a few minutes, find time in your day to sit quietly in stillness. Use that time to practice paying attention to your breath, look at the details around you with openness, curiosity, and without judgement. Practice listing things you appreciate, or meditate.
- Breathe in a specific way! Breathe deeply into your belly, from your nose, and slowly exhale longer than you inhale. Multiple things happen when you do this. 1. When we inhale through the nose, we activate nitric oxide in our lungs and into our blood. Nitric oxide has a calming affect, promoting ease and clarity of thought. 2. Belly breathing activates our diaphragm and vagus nerve which also sends a calming message right to the brain. 3. Slow elongated exhales drop your pulse, bringing about a calming state.
- Hug it out! Hugging, touching, sitting close together, holding hands, all promote oxytocin, the happy calm chemical. Do it with anyone you love; it doesn’t only have to

be a spouse or significant other. I do this with my mother-in-law! Through your practice of touching and hugging, you will teach those around you that it is okay and safe. You will be doing something good for their chemistry, too. Also, pets are wonderful in this way!

- Practice “Interruption”. Interrupt anxiety with gratitude. Interrupt worry with breath. Interrupt anger with movement. Interrupt sadness with laughter. Interrupt fear with action.

In the end, know that you have the power within you to feel better. Start with grace for yourself, and no judgement. Know that you are only human and you are doing the best you can. Work to pivot your thoughts and chemistry a little at a time. It takes practice, but gets better every time you make yourself aware and do something to feel just a little bit better!

You’ve got this, friend! I believe in you!

KATY ROSE

Katy Rose is a Certified Functional Medicine Health Coach trained in partnership with the Cleveland Clinic’s Institute of Functional Medicine Institute. A practice rooted in restoring health through lifestyle practices, just “A Smidge A Day”.

THE PRIDE OF ADAMS AVENUE

THE STORY OF HISTORIC KENSINGTON PARK



**HISTORIC
KENSINGTON**

by Maggie McCann

“Here at last is what you have long been awaiting – a better place in which to live. We announce with pleasure San Diego’s newest, most beautiful home-sites, occupying the last desirable close-in mesa land in the city today.”

These words were spoken in the 1920s by Los Angeles insurance agent Gager C. Davis, during development of the Kensington Park Annex subdivision. The map was recorded on February 13, 1924.

Located on a narrow tract immediately to the east of the Kensington Park subdivision, bounded by County Road (now 42nd Street) on the east, the area was home to the first commercially zoned parcels in Kensington.

The original Kensington Park deed restrictions, which would not expire until 1926, limited development to residential

only. For this reason, residents had to shop downtown or along University Avenue in Hillcrest. Taking advantage of the upcoming deed expiration, Davis allocated twelve lots on the north side of Adams Avenue for a small business district (starting at 42nd Street and extending three lots east of Vista Street).

Curiously, the tract only extended about a half block, or 9 lots, south of Adams Avenue on Biona Drive and Vista Streets. The parcels to the south were part of “East Kensington Park” and were developed separately from Kensington Park Annex. For people familiar with the 4600 block of Vista Street, the end of one subdivision and the beginning of the other is marked by the disappearance of the parkways and a curve in the street.

In a newspaper advertisement, Davis touted “5 foot sidewalks with beautiful broad parkings to curb.” He also eagerly promoted restrictions including “racial, cost of dwelling; all residences must be at least 25 feet behind front property line.” The deeds were restricted to whites only, described in the deeds as:

“...said premises shall not be occupied by any person not of the white or Caucasian race, excepting servants.”

The deed restrictions expired on January 1, 1948. Similar restrictions were in force in Kensington Park, which expired earlier in 1926. To the east of



Kensington Park Annex, the map for the “Movie Star” tract, Talmadge Park Unit #1, had been filed, and development there would commence within a year.

Davis also advertised the availability of the commercial lots: “On the north side of Adams Avenue, twelve lots are set apart for a small business district. There are perhaps 2,000 homes tributary to this district which have to depend upon downtown or distance stores for their supplies, and we believe this little mercantile center will supply a long felt want and meet a hearty welcome by the housewife.” These lots are also restricted – no shacks.” And with public transportation that included “double track street car service” and a “10 minute schedule,” Kensington residents now had convenient options for shopping downtown or locally.

The Kensington Park Annex commercial lots are today home to various thriving businesses, including Pappalecco, OAS Center, Diesel Salon, the Irish Dance Studio, and the Open Minds Preschool.

SEVERAL HOMES IN KENSINGTON PARK ANNEX ARE HISTORICALLY DESIGNATED, INCLUDING:

- The 1925 Maxwell and Frances Manning House at 4640 Biona Drive
- The 1926 Gustaf L. Anderson House at 4636 Biona Drive
- The 1926 Lewis and Annie Dodge House at 4649 Biona Drive
- The 1926 Lewis and Annie Dodge Spec House #2 at 4653 Biona Drive, and
- The 1926 Charles and Anna Stark House at 4641 Vista Street

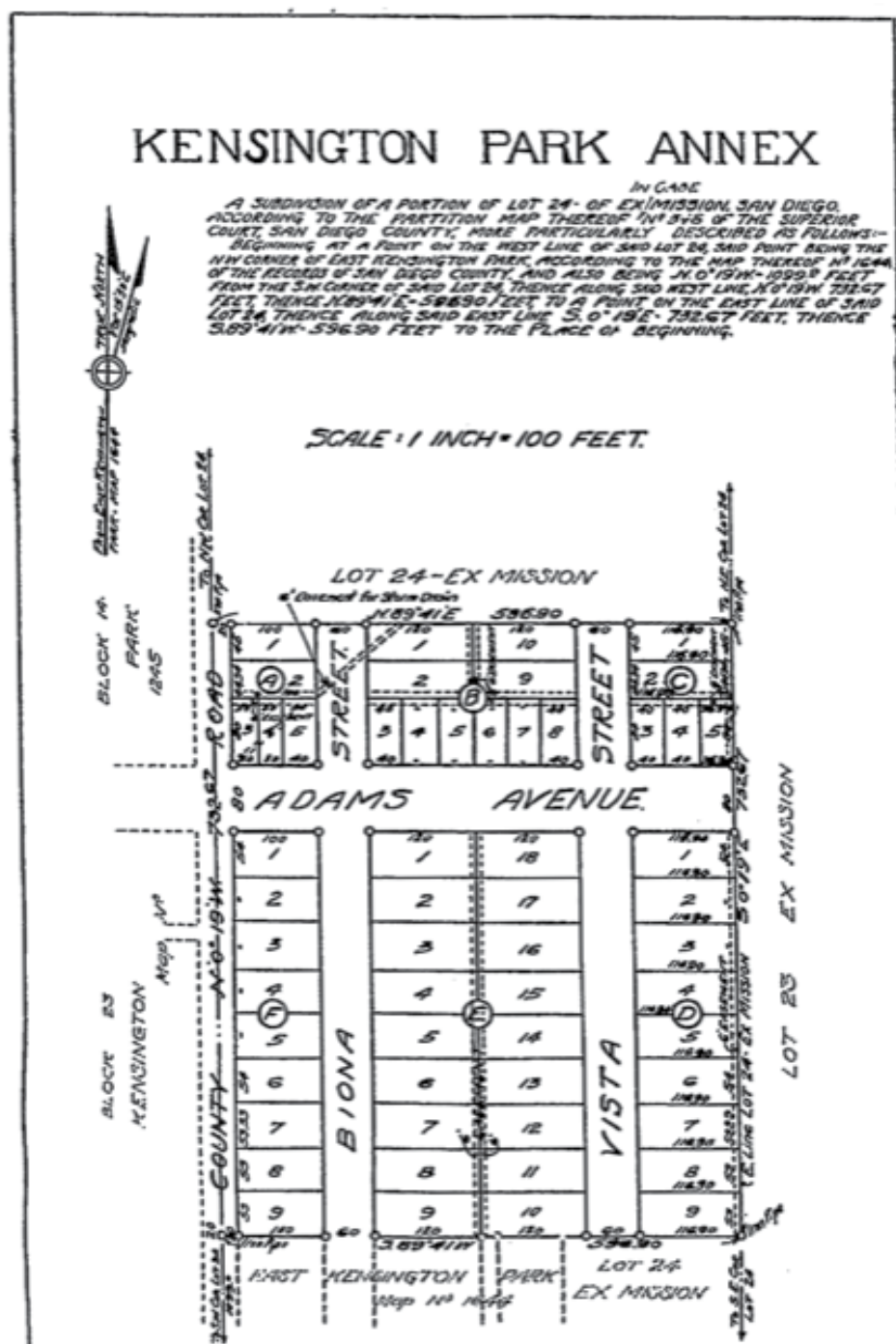
Charles Stark was a Swedish immigrant and carpenter, and had the house on Vista Street built in 1926 for his family. The Stark house (above) is an example of one of the unique aspects of Kensington – long time ownership. The house remained in the Stark family for 80 years before being sold in 2007. This home displays the architecturally defining features of the Spanish Eclectic/Revival style. The home’s front features low-pitched gabled, hipped and shed roofs with Mission half-barrel tile and a shaped Mission parapet, and a flat roof seen at the rear. The eaves exhibit minimal overhang with a slight stucco flare-out. The roof and parapet tiles are made of Mission red cast concrete, with matching finial and ridge details. The home has an asymmetrical façade which further articulates its Spanish Revival/Eclectic style. Other details identified with the style include the arched focal windows

and arching brackets supporting the front porch. The inset and raised restored front covered porch blends indoor and outdoor spaces and is another defining feature of Spanish architecture.

The Stark house provides a good example of the benefits of historic designation and the Mills Act. Public property records show that prior to selling the home in 2007, the property tax was \$756 for the year, thanks to Prop 13. After selling the house for \$644,500, the property was reappraised and the new annual property tax was \$7,018. This rose to \$7,755 by 2017, the year the house obtained historical designation from the City of San Diego. In 2018, with a Mills Act contract in place, the new owners saw their annual property tax drop to \$2,936, a 58% reduction. If that doesn’t motivate you to pursue historical classification, I don’t know what would!

Another lesson to be learned from the Stark house is that minor alterations to the historic fabric can be rectified in order to obtain historical designation. Consultants used historic photos to determine where features had been removed or modified. Wooden window casings have been repaired and replaced around the home. The original front patio brick wall had been removed as seen in a transitional photo; even so, after discussions with city historians from 2011-2013, the homeowners elected to restore it. They painstakingly gathered historic LAPB bricks with the same color and dimensions to complete the wall, which was rebuilt in 2013. The porch roof had pan tiles removed long ago (as seen in the vintage photos), and even that roof material has since been replaced “in-kind” based on extant originals. The stucco exterior was resurfaced to match the original stucco seen on the original detached garage. The home continues to convey its historic design as a Spanish Eclectic home built in 1926.

One additional historically designated house is located in the Kensington Park Annex subdivision. Built in 1912, the Oscar Grunert House at 4679 Vista Street is a two-story wood frame Craftsman. It was originally located on the Northeast corner of Adams Avenue and Marlborough Drive, and in it was moved to Vista Street. The original Adams Avenue site was then leased to Standard Oil of California, who built a gas station there in 1929. The property is now the location of Stehly’s Farm Market. ■



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Mike’s Recent Market Activity

The Kensington Collection



KENSINGTON! - 4226 Middlesex Drive

Striking two story Spanish on an impressive quiet canyon view lot! Three bedrooms three baths plus family room, step down formal living room, formal dining, beautifully appointed kitchen and a pool and spa all on a gorgeous tranquil lot!

Offered at \$2,250,000



KENSINGTON! - 4545 Terrace Drive

Two story Spanish with open and light formal living room w/fireplace, formal dining and a remodeled kitchen! Two bedroom down and two up including the main suite. One bedroom is large enough to split in two.

Private flat yard plus detached garage!

Offered at \$1,395,000



KENSINGTON! - 4037 South Hempstead

Significant charm in this impeccable 2br 2ba with a huge canyon view! On two levels the upper is the living room, kitchen and dining area with vaulted ceiling and fireplace and one of the bedrooms. Lower level is main bedroom and bath, beautifully done.

Offered at \$1,265,000



HILLCREST! - 3670 8th Avenue

Tucked away on a very private and quiet street with no through traffic this large home (over 3000 sf) sits on two lots totaling nearly 11,000 sf. Three bedrooms plus an extra office, workout room or ?? Two and one half baths and paid solar on the roof!

Closed at \$1,600,000

(Rep. Seller and Buyer)



MOUNT HELIX! 4461 Mayapan Drive

Spectacular Spanish Mini Estate on a wide angle view lot! 4br 3 ba, family room, grand sweeping central staircase, pool, spa and fruit trees!

Closed at \$1,555,000

Represented Buyers



KENSINGTON! 4358 Alder

Three bedroom three bath traditional styled home on a quiet lot complete with pool! Formal LR and DR as well as a gorgeous open kitchen and family room leading to the pool and entertaining areas.

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